



FIRST YEAR							
First Semester				Second Semester			
Course Code	Descriptive Title	Units	Pre-requisite	Course Code	Descriptive Title	Units	Pre-requisite
BPED 101	Movement Education	3		BPED 102	Anatomy and Physiology of Human Movement	3	
BPED-EC 101	Fundamentals of Music	3		BPED 103	Principles of Motor Control and Learning of Exercise, Sports and Dance	3	
PED 101	The Child and Adolescent Learner and Learning Principles	3		BPED 104	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	3	
GE-US	Understanding the Self	3		PED 102	Facilitating Learner-Centered Teaching	3	
GE-PC	Purposive Communication	3		GE-CW	Contemporary World	3	
GE-PH	Readings in Philippine History	3		GE-MM	Mathematics in the Modern World	3	
IC 101	Edukasyong Pangkapayapaan sa Sambayanang Pilipino	3		MATH 106	Elementary Statistics and Probability	3	
PE 11	Physical Activities Towards Health & Fitness (PATH-Fit) 1 - Movement Competency Training	2		IC 102	Dalumat sa Etimolohiya ng Wikang Filipino sa Usaping Sekswalidad	3	
NSTP 1	National Service Training Prog. 1	3		PE 12	Physical Activities Towards Health & Fitness (PATH-Fit) 2 - Exercise-based Fitness Activities	2	PE 11
				NSTP 2	National Service Training Prog. 2	3	NSTP 1
TOTAL		26		TOTAL		29	

SECOND YEAR							
First Semester				Second Semester			
Course Code	Descriptive Title	Units	Pre-requisite	Course Code	Descriptive Title	Units	Pre-requisite
BPED 105	Physiology of Exercise and Physical Activity	3	BPED 102	BPED 110	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	
BPED 106	Emergency Preparedness and Safety Management	3		BPED 111	Swimming and Aquatics	3	
BPED 107	Coordinated School Health Program	3		BPED 112	Drug Education, Consumer Health Education and Healthy Eating	3	
BPED 108	Personal, Community and Environmental Health	3		BPED 113	International Dance and other Forms	3	
BPED 109	Philippine Traditional Dance	3		BPED 114	Sports and Exercise Psychology	3	
BPED-EC 102	Administration and Management of Physical Education & Health Education Program			BPED 115A	Research I	3	
PED 103	Building and Enhancing New Literacies Across the Curriculum	3		PED 105	TTI1 -Technology for Teaching and Learning	3	
PED 104	The Teaching Profession	3		PED 106	The Teacher and the Community, School Culture and Organizational Leadership	3	
PE 21	Physical Activities Towards Health & Fitness (PATH-Fit) 3 - (Choice of Dance, Sports, Martial Arts, Group Exercise, Outdoor and Adventure Activities)	2	PE 12	PE 22	Physical Activities Towards Health & Fitness (PATH-Fit) 3 - (Choice of Dance, Sports, Martial Arts, Group Exercise, Outdoor and Adventure Activities)	2	PE 21
TOTAL		26		TOTAL		26	

THIRD YEAR							
First Semester				Second Semester			
Course Code	Descriptive Title	Units	Pre-requisite	Course Code	Descriptive Title	Units	Pre-requisite
BPED 115B	Research 2	3	BPED 115A	BPED 118	Technology for Teaching and Learning 2 (Technology Application in Teaching PE and Health Education including Instructional Materials Development)	3	
BPED 116	Curriculum and Assessment for Physical Education and Health Education	3		BPED 119	Process of Teaching PE & Health Education	3	BPED 116
BPED 117	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-traditional: Ultimate, Handball, Floorball, Futsal, SepakTakraw)	3		BPED 120	Applied Motor Control and Learning of Exercise, Sports, and Dance	3	BPED 103
PED 107	Foundation of Special and Inclusive Education (<i>with immersion</i>)	3		BPED 121	Philippine Traditional Games and Sports	3	
PED 108A	Assessment in Learning 1	3		PED 108B	Assessment in Learning 2	3	
GE-AA	Art Appreciation	3		PED 109	The Teacher and the School Curriculum	3	
GE-EC 101	Philippine Government & Constitution	3		GE-E	Ethics	3	
GE-ST	Science, Technology & Society	3		RIZAL	Rizal's Life and Works	3	
GE-EC102	Sinesosyedad/ Pelikulang Panlipunan	3		GE-EC 103	Sosyedad at Literatura/ Panitikang Panlipunan	3	
TOTAL		27		TOTAL		27	

FOURTH YEAR							
First Semester				Second Semester			
Course Code	Descriptive Title	Units	Pre-requisite	Course Code	Descriptive Title	Units	Pre-requisite

PED 110	Field Study 1	3	Major and Professional Education Courses		PED 112	Teaching Internship with Action Research	6	All required academic Courses
PED 111	Field Study 2	3						
IC 103	Competency-Based Assessment for General Education Courses	2	All General Education Courses		IC 105	Competency-Based Assessment for Professional Education Courses	2	All Professional Education Courses
IC 104	Competency-Based Assessment for Specialization Courses	2	All Specialization Courses					
TOTAL		10			TOTAL		8	

Enhanced/Revised May 2022